



For more information on any of the programs and services mentioned in this handbook, contact DSS by:

Address:

700 Governors Drive
Pierre, SD 57501-2291

Phone: (605) 773-3656 or
toll free at 1-866-854-5465

Fax: (605) 773-6834

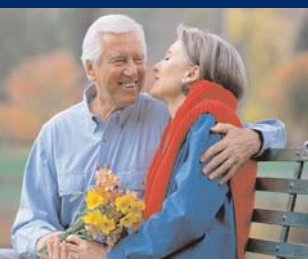
Email: ASA@state.sd.us

Website: www.dss.sd.gov

South Dakota Department of Social Services

Adult Services and Aging Programs

DSS 
Strong Families - South Dakota's Foundation and Our Future



Learn more about the
South Dakota Department of Social Services'
Division of Adult Services and Aging
through the help of this handbook.



Programs and Services

Adult Day Care
Adult Foster Care
Adult Protective Services
Application Assistance (RxAccess)
Assisted Living
Assistive Devices
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Case Management
Chore Maintenance
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Nursing Services
Ombudsman Program
Personal Care
Respite Care
Senior Health Information and Insurance Education
(SHIINE)
Senior Meals
Transportation
Victim Services

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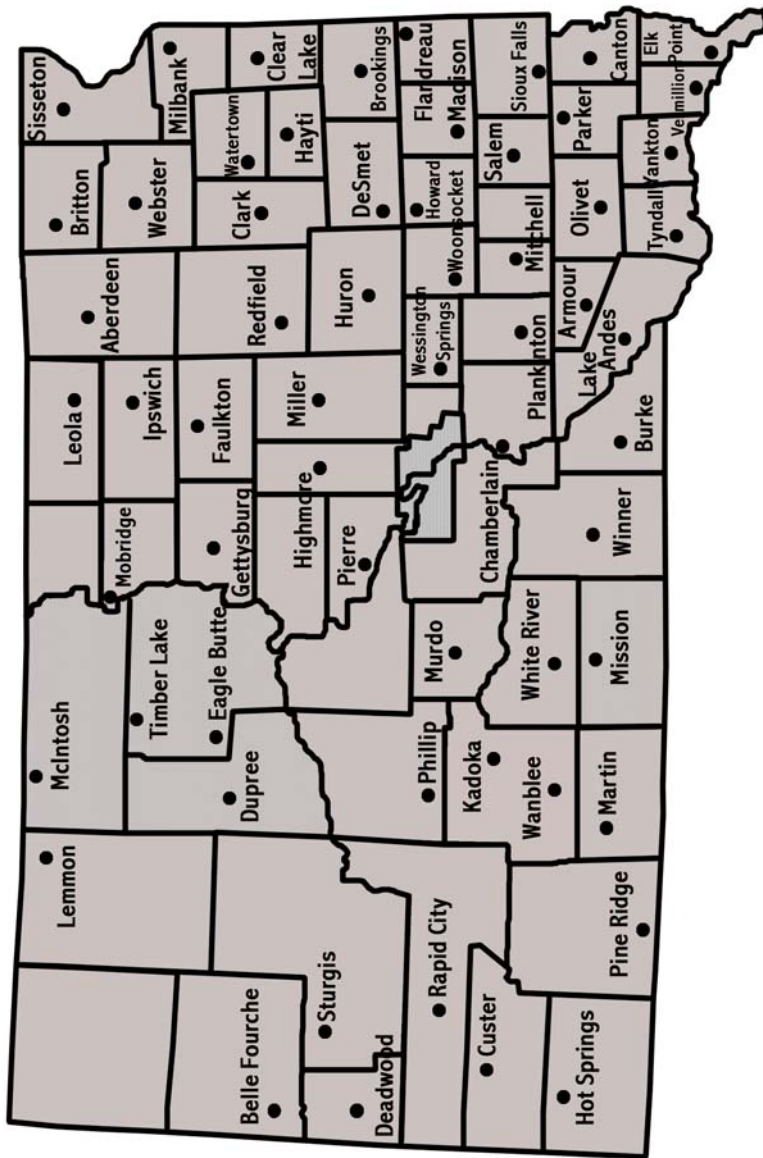
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Introduction

Adult Services and Aging (ASA) provides opportunities to enable disabled adults and older South Dakotans to live independent, meaningful and dignified lives while maintaining close family and community ties. Through various programs, ASA provides or purchases services for disabled adults and older persons who are determined eligible for the programs.

ASA promotes in-home and community-based services to prevent or delay premature or inappropriate institutionalization. In-home services are available to those who need assistance with routine household tasks. Recipients of these services may be recovering from an illness or have physical limitations.

ASA field staff directly provide assessment and case management services to evaluate the needs of the individual. Based on the assessment, appropriate services are authorized and an Individual Care Plan is developed with the needs of the individual specifically identified. Social workers may also work with community groups and organizations to identify needs of older citizens.



Adult Day Care

Adult Day Care helps adults remain living in their own homes for as long as possible. Through structured activities and services, Adult Day Care provides regular care and supervision outside of the home for part of a day. This enables the primary caregiver to work or pursue other daytime activities as well as providing a needed respite for the caregiver.

Services

Adult Day Care must develop an Individual Plan of Care which meets the needs of the individual. From this plan of care, activities and services are developed for the individual. The program also offers a nutritious meal at lunch time and snacks during the day. Limited nursing services such as health screening, blood pressure checks, medication management and a general assessment of the client's condition may be provided.

Locations

An Adult Day Care program can be co-located within a senior center, nursing facility, assisted living, hospital, church, child day care or stand alone program.

Adult Foster Care

Adult Foster Care homes provide room, board and general supervision of personal care services in a family home. Adult Foster Care can meet the needs of adults who require periodic or regular assistance with activities of daily living, but do not require nursing services. Examples of "daily living" include dressing, bathing, eating, brushing teeth, combing hair, etc.

Northeast

Sisseton Office -- (605) 698-7673

Counties: Marshall (eastern) and Roberts

Watertown Office -- (605) 882-5003

Counties: Codington, Deuel, Grant and Hamlin

Lewis and Clark

Olivet Office -- (605) 387-4219

County: Hutchinson

Vermillion Office -- (605) 677-6800

Counties: Clay and Union

Yankton Office -- (605) 668-3030

Counties: Bon Homme and Yankton

Sioux Falls

Sioux Falls Office -- (605) 367-5400

Counties: Lincoln, McCook, Minnehaha and Turner

Corn Country

Chamberlain Office -- (605) 734-4500

Counties: Brule, Buffalo, Gregory (northern) and Lyman (eastern)

Lake Andes Office -- (605) 487-7607

Counties: Charles Mix and Douglas (southern)

Mitchell Office -- (605) 995-8000

Counties: Aurora, Davison, Douglas (northern), Hanson, Jerauld and Sanborn

Prairie Rivers

Aberdeen Office -- (605) 626-3145

Counties: Brown, Day, Edmunds, Faulk, Marshall (western) and McPherson

Mobridge Office -- (605) 845-2922

Counties: Campbell, Corson, Dewey, Perkins, Potter, Walworth and Ziebach

Lake Country

Brookings Office -- (605) 688-4330

Counties: Brookings, Kingsbury and Moody

Madison Office -- (605) 256-5683

Counties: Lake and Miner

Pheasant Country

Huron Office -- (605) 353-7112

Counties: Beadle, Clark and Hand

Redfield Office -- (605) 472-2230 County: Spink

Services

Adult Foster Care providers must provide the following services and items: shelter, at least three meals a day, assistance with personal care, companionship, assistance with daily living activities, expendable items used by the clients in small quantities such as facial and toilet tissue and personal items such as towels and soap, laundry services, non-medical transportation and socialization.



Adult Protective Services

Adult Protective Services provides assistance to individuals residing in the community who are at risk of abuse, neglect, financial exploitation, or self neglect.

Reporting Abuse, Neglect & Exploitation

Contact your nearest Adult Services and Aging office or local law enforcement agency.

Members of South Dakota's Indian Tribes should note that Tribal Ordinances may have different definitions of abuse, neglect and exploitation and different reporting requirements. Check with the authorities in your area.

When to Report

If you know or have reasonable cause to believe someone needs protection. Make a referral by calling 605-773-3656 or 1-866-854-5465.

Application Assistance

Application Assistance (RxAccess) helps people gain access to drug company assistance programs which supply prescription medications at low or no cost. In addition, a pharmacist may contact you to discuss your options.

Application Assistance does not:

- Pay for medications.
- Reimburse past medication expenses.

It is important to take medications exactly as prescribed. Not being able to afford needed medications can affect how you take them.

ASA Regional Offices

Below are the list of all the Adult Services and Aging Regional Offices. Contact the office nearest to you for further information.

Central

Pierre Office -- (605) 773-3521

Counties: Hughes, Stanley, Sully, Dewey (southern), Haakon, Ziebach (southern), Hyde, Jones

Winner Office -- (605) 842-0400

Counties: Todd, Tripp, Gregory, Mellette

Northern Hills

Belle Fourche Office -- (605) 892-2731

Counties: Butte and Harding and Lawrence (northern)

Deadwood Office -- (605) 578-2402

County: Lawrence (southern)

Rapid City Office -- (605) 394-2424

Counties: Jackson, Meade (southern) and Pennington

Sturgis Office -- (605) 347-2588

County: Meade (northern)

Southern Hills

Hot Springs Office -- (605) 745-5100

Counties: Custer and Fall River (western)

Pine Ridge Office -- (605) 867-2236

Counties: Bennett, Fall River (eastern) and Shannon



Victim Services

Victim Services provides monetary assistance to victims of violent crime. The program may compensate crime victims for certain expenses incurred as a direct result of personal injury or death. There are no income requirements. Eligible expenses may include medical expenses, mental health counseling, funeral and burial expenses, loss of earnings, dental and prosthetic devices, eyeglasses or corrective lenses, homicide cleanup expenses, and mileage. In most cases, payments can be made only when there is no other source of payment such as health insurance or other public programs.

Domestic Abuse Program

The Domestic Abuse Program funds shelters for victims of abuse. Shelter programs offer a wide range of services, including services for older battered women. Services include: a 24-hour crisis line, transportation, immediate safe shelter, food, clothing, counseling and information, and referrals to other services the victim may need.

Domestic Abuse Hotlines:

South Dakota Domestic Abuse Hotline: 1-800-430-SAFE

National Domestic Violence Hotline: 1-800-799-SAFE

Hearing Impaired: 1-800-787-3224



Assisted Living

Assisted living is a residential alternative promoting maximum independence for each resident through a combination of supportive services and assistance. The definition of assisted living may vary from one state to another along with the cost and types of service.

Assisted living centers vary in size, style and the optional services they may offer. Small family style living or the larger complex of units can be found in South Dakota. Some facilities are operated by nonprofit organizations, while others are proprietary. In addition, some facilities may be co-located or affiliated with a hospital or nursing facility. Assisted living centers may accept certain restricted admissions if they meet additional licensing requirements under South Dakota Administrative Rules 44:04:04:12.



An assisted living center is required to provide assistance with daily living activities including:

- Eating
- Bathing
- Dressing and personal hygiene
- Three meals a day
- Supervision of self-administration of medications
- Laundry services
- Housekeeping
- 24 hour staffing



Assistive Devices

South Dakota's changing demographics include the aging of our population and an increasing number of persons with disabling conditions. Recent trends have individuals returning home from the hospital with more acute conditions. Accessible, safer homes make it possible for some to leave rehabilitation or nursing facilities for homes that support their recovery and lessen additional injuries.

Assistive devices are preventive tools and have the potential to increase an individual's independence. Research shows that the use of assistive devices can reduce health care costs. In a preventative manner, they help people avoid injuries and reduce the use of medical services and institutional care.



Caregiver Program

The South Dakota Caregiver Program provides support and training to family members and friends who assist an older person with the normal tasks of daily living. A caregiver must be a family member or friend who is an informal, unpaid provider of care to a person over the age of 60. A caregiver assessment will be completed to determine the appropriate caregiver support services that will be authorized. Information and referral and case management by a social worker are available to assist a family in identifying needed supports and community resources.

Services

- Information and Referral
- Case Management
- Caregiver Training
- Supportive Services

Locations

Title III-B Elderly Transit Systems

Martin - Bennett County Senior Center - 685-6642
Miller - Meals and Wheels Corporation - 853-2869
Mobridge Senior Center - 845-2620
Philip - Haakon County Prairie Transportation - 859-2032
Sioux Falls - Senior Citizens Services, Inc. - 336-6722
Springfield - Bon Homme County - 369-2411
Tripp - Hutchinson County Volunteer (ROCS) - 487-7635
Wall - Eastern Pennington County Transit - 279-2663

Public DOT & Elderly Transit Systems

Aberdeen - Ride Line - 626-3333
Brandon - 256-6518
Brookings Area Transit Authority - 692-5416
City of Groton - 626-3333
Dell Rapids Transit - 256-6518
Huron - People Transit - 353-0100
Lake Andes - Office of Community Services - 487-7635
Lemmon - Arrow Public Transit - 374-3189
Madison - East Dakota Transit - 256-6518
Madison - Inter-Lakes Community Action - 256-6518
Mitchell - Palace Transit - 995-8440
Pierre - River Cities Transit - 945-2360
Redfield - Spink County Public Transit - 472-1552
Sisseton - Community Transit - 698-7511
Spearfish - Prairie Hills Transit - 642-6613 or 642-6668
Vermillion - Southeast Transit - 624-4419
Watertown Area Transit - 882-5287
Woonsocket - Sanborn County Transit - 796-4319
Yankton Transit - 668-2907 or 668-8325
Rosebud Sioux Tribe - 747-2718



Transportation

Transportation is provided in buses or vans, some equipped with wheelchair lifts. Volunteers using their own cars may provide other services. Funds may be awarded to senior centers and other community organizations to provide transportation for elderly people. Transportation is also available to Medicaid-eligible individuals for medical appointments to the closest medical provider.

Services

- Medical providers and facilities
- Shopping and banking
- Senior center activities
- Nutrition programs
- Adult day care programs
- Other essential errands



Case Management

Case Management services assist elderly and disabled adults and their caregivers to decide which community services they need in order to remain living in their home. Case Management also helps identify providers, set up services, and offer changes when needed. This service provides an assessment of the individual's environment, social, financial and medical needs. Social workers may develop a care plan, coordinate needed services, act as the person's advocate with various agencies, and assist with caregiver issues.



Social Worker's Role

The Division of Adult Services and Aging provides an array of services to assist eligible elderly and disabled adults in preventing or delaying premature or inappropriate institutionalization. The social worker will discuss different eligibility requirements and procedures for the programs available. In addition, there are many other agencies and organizations that have programs and services that can be accessed.

Social workers respond when an inquiry or a request for services is made by the individual or someone on the behalf of the person.



Chore Maintenance

Chore Maintenance contracts have been awarded to two Retired and Senior Volunteer Programs (RSVP). Through these contracts,

Chore Maintenance Services are provided to South Dakota's frail elderly.

Services

Through RSVP, volunteers complete a Home Safety Checklist at the home or apartment of the eligible individual. This



checklist is used to identify needed repairs as well as safety issues such as poor lighting, frayed wires, etc. The need for lawn care and snow removal is also reviewed and available in certain communities. Those things which are identified as a need will be discussed with the individual and a plan developed to make the home safe. Ongoing services could include changing light bulbs, checking the batteries in smoke detectors, and shoveling snow.

Locations

This program is available in the communities of **Huron and Pierre/Fort Pierre**. To access this program contact your ASA local office or Retired and Senior Volunteer Program.



Senior Meals

There are 21 non-profit Senior Meals providers in South Dakota. These providers are either Title III-C or Title VI (Older Americans Act direct funding to the tribes). Nutrition programs are sponsored by either a nonprofit organization or a tribal or local government agency. Communities desiring a nutrition program may be a satellite of an existing organization.

Senior Meals Offer

- Hot, nutritious meals every weekday which meet one-third of an older person's dietary needs.

- Affordable, delicious meals offering a variety of food.

- An opportunity to meet others in a group dining atmosphere.

- Social contact for those who are homebound.

- Daily fellowship for an active and healthy lifestyle.

- An opportunity to help others by assisting with the program.

Local Support

Fifty-two percent of the program's cost is covered by local support -- a combination of participant donations, matching funds or additional community resources. Some communities provide the building and the utilities. Many hours of volunteer time are donated to the program in dining room preparation, kitchen assistance and service, as well as delivery of the home-delivered meals.



Respite Care

Respite Care provides temporary relief to the primary caregiver from the continuous support and care of an elderly or dependent adult. This relief helps prevent individual and family breakdown, institutionalization, or abuse by the primary caregiver as a result of stress from providing continuous support. Respite Care is not meant to replace other specialized services.

Services

Covered services may include companionship, involvement in the person's activities of daily living, meal preparation, light housekeeping and personal hygiene tasks. Services not covered include skilled nursing services and the administration of medications.

The frequency and hours of Respite Care requested by the primary caregiver and individual are a mutually agreed upon arrangement with the provider. Respite Care must be within the range of approved hours as determined by an assessment. Overnight, weekend care, vacation time and emergency periods are examples when Respite Care might be needed.



SHIINE Program

Senior Health Information and Insurance Education (SHIINE) volunteers are trained to provide insurance counseling to help Medicare recipients with questions about Medicare coverage.

Individuals may contact SHIINE toll-free at 1-800-536-8197 for assistance.



Homemaker Services

Homemaker Services may delay or prevent the need for care in an institution. This service makes it possible for older persons to live in their own homes or to return to their homes by providing assistance in completing tasks they are unable to manage alone. This program is not designed to replace the assistance that is provided by family and friends.

Services

- Assistance with personal hygiene
- Essential shopping
- Laundry
- Light housekeeping
- Light meal preparation



Information and Referral

If you are trying to identify services in South Dakota, Adult Services and Aging (ASA) social workers can help you locate services. These social workers are the adult protective service workers, long term care ombudsman, case managers, and provide information and referral. Workers are expected to know what resources are available in each community and are able to link individuals to appropriate services.

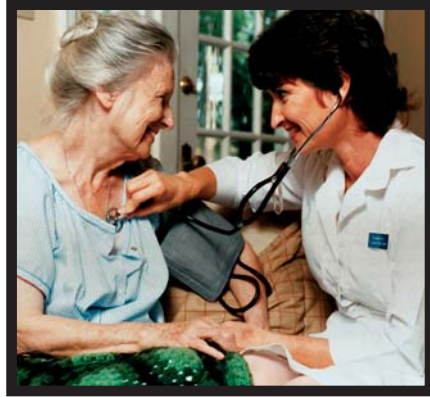


Legal Services

Legal services are provided through legal corporations to assist individuals 60 and older with legal questions. Eligible persons can receive help with wills, landlord disputes, rights to public benefits and other legal issues.

Nursing Facility Care

Nursing homes provide care to people who cannot be cared for at home or in the community. For people who can't take care of themselves due to physical, emotional, or mental health issues, nursing homes can provide a wide range of personal care and health services.



Nursing Services

Nursing Services may be provided to vulnerable adults who have physical and/or chronic health problems which limit their capability to function independently and who have a need for nursing services to monitor their health status. A nursing visit would not be authorized if the client is able to get to a clinic visit, is receiving Skilled Medicare or is able to access nursing through other programs.



Services

- Periodic evaluation, counseling and/or screening
- Monitor medication compliance
- Assess health status, vital signs, nutritional status along with nail care
- Provide teaching and health education

Ombudsman Program

The Long-Term Care Ombudsman Program is mandated by the U.S. Administration on Aging to advocate for and protect the rights of residents of nursing and assisted living facilities. Adult Services and Aging Social Workers (Ombudsman) serve as advocates for facility residents and investigate and work towards the resolution of their complaints. The program also provides information and referral assistance, conducts educational activities to increase community awareness of elder rights, and provides training to long-term care and staff. All reports and inquiries are confidential.

Personal Care

Personal Care services provide essential tasks necessary to enable individuals who are Medicaid eligible to remain living in the community. These services are provided if there is a medical-related condition and services are provided in the client's residence and workplace.

Services

- Assistance with personal hygiene
- Essential shopping
- Laundry
- Light housekeeping
- Light meal preparation